



*Medicine Hat
Catholic Board of Education*

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H1N1 FLU VIRUS– PUBLIC NOTICE #2

Release Date: Thursday, May 07, 2009

Dear Parents & Guardians of students in Medicine Hat & Bow Island Catholic Schools:

Further to our communication dated April 29, 2009, our school division is continuing to concentrate on prevention and preparedness. Attached to this letter is information from Alberta Health and Wellness, as well as web links to on-line resource material. We will continue to communicate through the Division website @ www.mhcbe.ab.ca; and by sending notes home with your child. Alberta Health and Wellness continues to inform us that the following measures are your best defense to help stop the spread of any influenza virus:

Alberta Health and Wellness urges everyone to follow *RESPIRATORY ETIQUETTE PROTOCOLS* as follows:

- Keep children who are sick at home. Don't send them to school;
- Teach your children to wash their hands frequently with soap and water. Be sure to set a good example by doing this yourself;
- Teach your children to cover coughs and sneezes with a tissue or a sleeve and by coughing and sneezing into the inside of your elbow. Be sure to set a good example by doing this yourself, don't cough or sneeze onto your hands;
- People who are sick should stay home until they are feeling better and should avoid other people until they are better.

What we continue to do in our schools:

- Concentrated cleaning & disinfecting of high traffic & frequent contact areas such as door handles; push/pull plates; light switches, water fountains, computer keyboards etc.;
- Daily reminders to staff & students to wash their hands frequently with soap & water;
- Washroom and classroom sinks are equipped with ample supplies of soap & paper supplies.

The following is a link to the Influenza Self-Care booklet from Alberta Health & Wellness titled: "*It's In Your Hands*" @ <http://www.health.alberta.ca/documents/Influenza-Self-Care.pdf>

For updates from Provinces & Territories; Travel Information; Symptoms and Information on Protecting Yourself & Others: www.fightflu.ca

For answers to commonly asked questions: <http://www.health.alberta.ca/health-info/influenza-H1N1-questions.html#Q1>

Thank you. Mr. David Leahy, Superintendent of Schools (403) 527-2292

(Attachments): H1N1 Q & A and Quick Facts and A guide to an Emergency Preparedness Kit "72-Hour Plus"